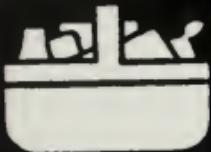


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CONSUMERS'
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TEETH

CONSUMER TIPS > >

(Information from U.S. Public Health Service)

BUILDING SOUND TEETH

1. Calcium and phosphorus most important. Milk best source of these food minerals. Every child needs three or four cups of milk each day; expectant and nursing mothers, three or four cups; other adults, at least two cups.
2. Give growing children whole milk if possible. Equivalent substitutes for one quart fluid whole milk: 5 oz. American (cheddar) cheese - or 1 qt. skim milk and $1\frac{1}{2}$ oz. butter - or $4\frac{1}{2}$ oz. dried whole milk - or $3\frac{1}{2}$ oz. dried skim milk and $1\frac{1}{2}$ oz. butter - or 17 oz. evaporated milk.
3. Coarse foods that force exercise of jaws, strengthen gums and scour teeth.

CARING FOR TEETH

1. Brush after eating. Brush up and down, not across; away from gums, not toward them.
2. Two brushes advisable, so one is always fresh and dry. Brush should be small, bristles widely spaced to clean between the teeth. Replace brush when bristles are worn.
3. For safe dentifrice, look for seal of approval of Council on Dental Therapeutics of American Dental Association - on packages of tooth paste and powder.
4. See your dentist every 6 months, starting at age of 3 or sooner. Examination will save teeth and money.
5. Baby teeth are important to health and need dental care. Child depends on them to prepare food for digestion. If baby teeth are removed either too early or too late, permanent teeth may come in crooked.

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